June 22, 2020

Making the most of it! Danae & Kristina Petrakis, Julian Sapirstein, Duke Dahlin and Syd Williams, after a swim at China Beach.

**Team Announcements**

Just wanted to say thanks to Julie Ask for sending along this great photo. Please send any you have of the team to USF Aquatics at usfaquatics@gmail.com and we’ll try to share them in future newsletters.

**USF Masters Workouts**

Check out some 2020 special Masters Swim workouts coming up! [Click here](#) to sign up or check out. Please sign up each week 24 hours in advance so we can set up the classes for the week.

- Sunday 8pm & Thursday 7pm: Pilates with Rosemary
- Sunday 6pm & Thursday 8am: Strength and Conditioning with Maggie

**Konst Fitness Classes**

Looking for additional classes through Konst? Check out the website for more options.

**USF Masters Workouts**

Check out some ZOOM special Masters Swimmers workouts coming up! Click [here](#) to sign up for classes. Please sign up each week 24 hours in advance so we can set up the classes for the week.

- Tuesday 5pm & Thursday 12pm: Pilates with Rosemary
- Tuesday & Thursday 8am: Strength and Conditioning with Maggie

**Koret Fitness Classes**

Looking for additional classes through Koret? Check out the website for lots of [NEW VIRTUAL OPTIONS](#)!

**Other Dryland Workouts**

**Workout #1**

The Body Coach TV on Youtube offers a wide variety of different workouts to choose from.

**Workout #2**

Self Yoga offers a 20 minute power Yoga workout on their website.

**Workout #3**

Add these stretches into your daily routine to improve your flexibility!

**Workout #4**

Roberta’s Gym on Youtube offers workouts that target specific muscles or daily workout routines!

**Workout #5**

Try out a popular recipe from Food Network!

**Inspiring Quote of the Week**

“Do the best you can until you know better. Then when you know better, do better.” — Maimonides

**Challenge of the Week**

Staying healthy during lockdown can be a challenge. Try out this fun challenge:

- Play a game of Solitaire on this website.
- Watch a movie for free on Youtube.

**Try out a popular recipe from Food Network!**

**Some Fun Stuff**

- Play a game of Solitaire on this website.
- Challenge of the Week

**Closing**

Follow us on Facebook, Instagram, and Twitter to keep up with USF and the activities of the Aquatics Department. You can also find us on Twitter. To stay up to date with University updates, please visit the Coronavirus Resource Page.

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